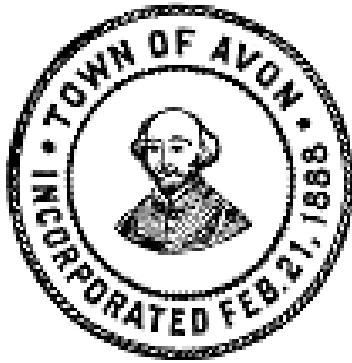


THE AVON TOWN CRIER



COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: www.avon-ma.gov/council-aging

EMAIL: coa@avon-ma.gov

Volume 58, Issue 5

May 2023

A Message from the Director

Hi,

Welcome Spring!

The Council on Aging is excited to host the First kick-off event for our new Dementia Friendly Information Session from 4 - 6pm on Thursday May 18th. The residents of Avon are in for a treat, the Red Sox Trophy will be on hand for photographs.

The goal of the Dementia Friendly Information Session is to help community members understand dementia and the small things they can do to make a difference for people living with dementia. The COA will provide informational tables with representatives from different agencies to help educate the community with Dementia issues.

On May 4th we will be hosting a "Derby Day", dust off your Derby's and Fascinators!

Wednesday, May 10th we are taking a trip to the Blue Hills Regional Technical School for a Day of Beauty, shampoo, blow-dry, manicure, facial and lunch. Please call the COA to book your space.

Monday, May 15th, we will be hosting a Mother's Day Tea, with China teacups and finger sandwiches, scones or teacakes.

Senior Tax Work-Off program coming soon. This is a program to earn an abatement toward your property taxes. It could save you hundreds toward your taxes! Call the COA for more information.

Jane Carthas

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach: 774-480-5352

Cathy Emery-Activity Coord. : 774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

May Birthdays

Janice Barker

Dianne Famolare

Denise Frierson

Carol Geary

Ella Jackson

Joe Kuzborski

Mable Brice



Bill Nilsen

Agatha Pals

Marcia Pennington

Katherine Peterson

Comfort Udo

Jane White

Carole Dick

Bob Leonard

ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE COA



Don't miss out on Life.....
Improve your hearing today

- ♦ FREE hearing screening
- ♦ FREE hearing aid cleaning
- ♦ FREE video ear exam

AT HOME HEARING HEALTHCARE

Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist



CALL THE COA @ 508-559-0060
TO BOOK AN
APPOINTMENT
10:30-12:30am

FREE 911 PHONES

THE COA HAS SECURED CELL PHONES THAT ONLY CALL 911 IN AN EMERGENCY. THERE IS NO SERVICE PLAN, YOU CAN'T TEXT OR MAKE ANY CALLS EXCEPT TO 911. AS CELL PHONE PLANS CONTINUE TO INCREASE IN PRICE THIS IS A GREAT WAY TO HAVE THE SECURITY THAT YOU CAN CALL THE POLICE OR FIRE DEPARTMENT WHEN NEEDED. PLEASE CALL THE COUNCIL ON AGING TO GET ON THE LIST.





Avon is a Dementia Friendly Community! What is a Dementia Friendly Community?

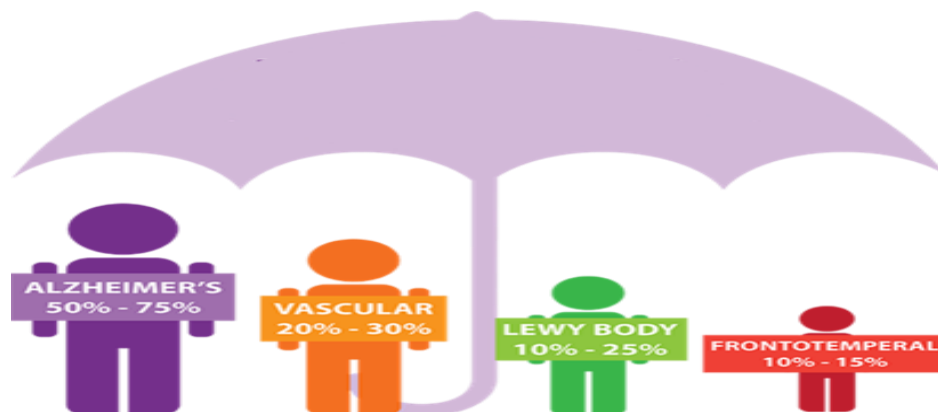
It is a place that supports people living with dementia, their families and care partners. It is a place where people living with dementia can live as independently as possible and continue to be part of their community. It is a place where individuals, businesses, the library, local government and others commit to increase dementia awareness, reduce stigma and offer programs to better support people with memory loss and their care partners. It is a place that helps people living with dementia and their family find support, hope and value.

**JOIN US AT THE COUNCIL ON AGING ON THURSDAY, MAY 18, 2023
FROM 4-6PM FOR OUR KICKOFF EVENT!**

HOW CAN I HELP?

- ♦ Become involved in our local Dementia Friendly action team.
- ♦ Introduce dementia-friendly practices in your home or/and workplace.
- ♦ Become a Dementia Friend by attending an information session.

**DEMENTIA IS AN “UMBRELLA” TERM USED TO DESCRIBE A RANGE OF SYMPTOMS
ASSOCIATED WITH COGNITIVE IMPAIRMENT**



**PLEASE FILL OUT THE SURVEY BY SCANNING
THE QR CODE TO HELP US BETTER
UNDERSTAND WHAT WOULD HELP YOU AND
OUR COMMUNITY. FOR A PAPER COPY OF
THE SURVEY, CALL OR VISIT THE
COUNCIL ON AGING**



<https://www.surveymonkey.com/r/DFAvon>

MAY 2023

***Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	2 12:00 LUNCH 1:00 BINGO 7:30 Town Meeting	3 9:30 Roche Bros. or Target 1:15 BALANCE CLASS STARTS (session #4)	4 <u>10:30 Chair Yoga @ Fellowship Cir.</u> 12:00 Kentucky Derby Day LUNCH	5 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
8 10:30 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	9 12:00 LUNCH 1:00 BINGO	10 9am Day of Beauty* 9:00 Nail Care* 9:15 Market Basket 11:00 Outreach to Fellowship 1:15 BALANCE CLASS	11 <u>10:30 Chair Yoga @ Fellowship Cir.</u> 12:00 LUNCH 12:45 Crafts 1:00 Grief Group 1-2pm Dementia Meeting	12 9:15 Walmart or Stop & Shop 10:30 Tap class 13th Avon Bulk Pick-up
15 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS 1-2:30 <u>Mother's Day Tea*</u>	16 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	17 9:30 Roche Bros. or Target 11:30 ABC Ecumenical Lunch 1:15 BALANCE CLASS	18 <u>10:30 Chair Yoga @ Fellowship Cir.</u> 10:30-11:30 Blood Pressure Clinic 12:00 LUNCH 4-6 Dementia Kickoff Event	19 9:15 Walmart or Stop & Shop 10:30 Tap class
22 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	23 12:00 LUNCH 1:00 BINGO	24 10:00 Fuller Craft Museum* 1:15 BALANCE CLASS	25 11:00 Hearing Clinic* <u>10:30 Chair Yoga @ Fellowship Cir.</u> 12:00 LUNCH 1:00 Grief Group 1:00 Money Mgt.	26 9:15 Walmart or Stop & Shop 10:30 Tap class
29 	30 12:00 LUNCH 1:00 BINGO	31 9:15 Market Basket 1:15 BALANCE CLASS	PLEASE NOTE THE NEW TIME FOR TAP CLASS ON FRIDAY	

5/3 Balance class begins a new session \$42.00-call Cathy by 4/27 to sign up

Six-week program designed to stabilize the core using movements we normally don't use in daily life. Great for posture, back pain, and incontinence.

5/4 Kentucky Derby Day at the COA Lunch

Get ready for the Derby this weekend, woman feel free to wear a fancy hat/fascinator, guys might want to wear a derby or cap. We'll play some horse racing games, drink mock Mint Juleps and make predictions on the race!

5/8 Holbrook Food Pantry - 10:30 Apt. - Must take COA van no personal trans. allowed

The Holbrook food pantry has invited Avon seniors to take part in their free food pantry once a month. The limit will be 3 bags of non-perishable, fresh produce, meat, and dairy items. Please call the COA by Thursday 5/4 if interested. As a result of this trip Market Basket will be on Wednesday 5/10.

5/10 Day of Beauty at Blue Hills Technical School – 9am \$40 Includes facial, manicure, scalp treatment, shampoo & blow-dry and lunch at their Chateau de Bleu restaurant.

5/10 Outreach Coordinator to Fellowship Circle—Louise Hardiman will be available to answer any questions and to help seniors with any issues. She will be there from 11-1 in the community room. Come on down to say Hi! If you're not able to come see her please call her at 774-480-5352.

5/11, 5/25 Grief Support Group @1PM

Avon COA is hosting a Drop-in Grief Support Group facilitated by Victoria Long, LCSW of Old Colony Hospice.

5/15 Mother's Day Tea-Reservations needed call Cathy

Join us for a fun afternoon with tea and crumpets. Bring your favorite tea cup or tea set.

5/17 Avon Baptist Church Ecumenical Lunch Wednesday @ 11:30

The luncheons are open to any senior in Avon and surrounding communities.

The COA van is available, call to reserve a ride by 12 the day before.

5/18 4-6PM Dementia Friendly Kickoff Event

The kickoff event will feature the **Red Sox Championship Trophy**, refreshments, and information on a variety of services for adults living with dementia and their care partners. We welcome you to come and see the trophy any time **between 4:00PM and 6:00PM**. While you are here, have a snack and pick up some information. All are welcome.

5/25 Money Management class by OCES (Old Colony Elder Services) 1pm /See page 7 for details.

5/25 Free Hearing Clinic from 11-12 @ the COA 1-2pm @ Fellowship Circle

Mike Schmit, Board Certified Hearing Instrument Specialist of At Home Hearing, can do free hearing screening, hearing aid cleanings and video ear exams. Call 508-250-9324 to make an appointment.

5/24 Trip to the Fuller Craft Museum in Brockton-10:00-11:00. Doyle's at 11:30

Take a trip to the nearby museum to walk around then lunch at Doyle's Pub before returning to Avon. Space on van is limited call Cathy to reserve a spot. Van reserved for Avon residents.

MAY LUNCH MENU
LUNCH IS SERVED AT 12PM DONATION IS \$5.00
PLEASE PLAN TO BE SEATED BY 11:45

PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND
ALL LUNCHES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED

Tuesday 5/2

Ham, broccoli & cheese quiche w/ salad

Thursday 5/4 Kentucky Derby Lunch

To Be Determined

Tuesday 5/9 Taco Tuesday

Taco soup, chicken quesadilla

Thursday 5/11

Spaghetti and Meatballs, salad

Tuesday 5/16

Chicken salad sandwich, chips, pickles

Thursday 5/18

Ham, potato casserole and asparagus

Tuesday 5/23 Birthday Lunch

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

Thursday 5/25

Pork chops, applesauce, vegetable

Tuesday 5/30

Chicken Caesar wraps, chips, pickles

INFORMATION FROM THE OUTREACH DESK

Money Management Program

Managing personal finances can be a challenge for elders with failing eyesight, limited mobility, financial exploitation, forgetfulness, or acute illness. The Money Management Program at OCES can help. Maybe someone you know could use some assistance with personal money management but you're not sure. The Money Management Program (MMP) at OCES provides confidential assistance through well-trained volunteers who can help ensure that bills are paid on time, the checking account is balanced and financial paperwork is organized. Clients maintain total control over their money at all times. This program is always in search of volunteers to help people stay at home successfully. **Come learn more about the Money Management Program, who can benefit, and what volunteers do on Thursday, May 25 at 1:00 PM at the Senior Center, 65 East Main Street. All are invited to attend.**

Medicare Savings Programs Have Increased Income and Asset Limits

In 2023, the asset and income limits for Medicare Savings Programs increased. This means more Massachusetts residents are able to get help paying for Medicare costs. If eligible, a Medicare Savings Program may pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In some cases, a Medicare Savings Program may also pay your out-of-pocket Medicare costs. Also, you could get Extra Help, a program that will help pay for your prescription drugs under Medicare.

If your gross monthly income is at or below \$2,734 (single) or \$3,698 (married couple) AND your assets are at or below \$18,180 (single) or \$27,260 (married couple)—you may qualify for a Medicare Savings Program. Contact Louise for more information at 774-480-5352 or lhardiman@avon-ma.gov.

Massachusetts Extra SNAP Benefits

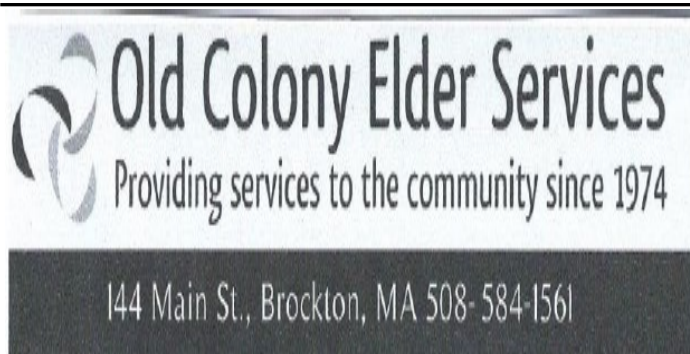
SNAP is the Supplemental Nutrition Assistance Program. During COVID, households got extra SNAP to buy food. Due to federal action, the extra payments ended in March. Massachusetts is funding extra SNAP benefits for 3 more months, April through June. You will get up to 40% of the difference between your normal monthly SNAP benefit amount and the maximum amount for your household size, with a minimum of \$38 a month. Households with people age 60 or older can increase normal SNAP benefits by telling DTA about medical costs or increased housing costs or child or disabled adult care costs. If you get SNAP, you can automatically get an additional \$40 or more monthly benefit to buy fruits and vegetables from HIP (Healthy Incentive Program) farm vendors. Contact Louise for more information about SNAP, HIP and other food resources in the area that are not based on income.

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM-BOOK MEDICAL APTS. 48 hours in advance
VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm
NO CHARGE FOR VAN 1/1-9/30/2023

WESTGATE MALL & MARKET BASKET, Brockton	Monday	9:15 pick-up
Lunch at Avon COA	Tuesday	10:30 – 11:00 pick-up
ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON	Wednesday	9:30 pick-up
Lunch at Avon COA	Thursday	10:30 – 11:00 pick-up
WALMART, DOLLAR TREE, STOP & SHOP BROCKTON	Friday (day ends @ 1pm)	9:15 pick-up

Avon COA Van is available to assist Avon seniors and disabled people with transportation to local medical appointments, social events, shopping, haircuts, banking, post office, voting or Town Hall appointments throughout the week. If there is another local store you want to go to call the COA and ask for Tricia. The van transports to Avon, Randolph, Holbrook, Brockton, Easton, Whitman, Abington.

BAT Van (New Freedom Program) and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke
Members - Joanne Grenham,, Ed Selman, Deborah Greene*